JANUARY | FEBRUARY | 2020

the COOPERATIVE spirit

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"WOULD YOU LIKE TO KEEP OR DONATE YOUR BAG CREDITS TODAY?"

Chances are you've heard your Co-op cashier ask this question. Since 2015, members have been given the option to donate the nickel credit for every reused container and bag they have brought in and filled. That nickel credit is then donated to our monthly 1% Friday programs.

1% Friday is a way for the Co-op to give back to the community. These monthly donations consist of bag and container credits donated, our spare change box, and 1% of all of our Fridays sales.

In 2019, Co-op shoppers have donated over $1,500 worth of bag credits. Who would have thought nickels could add up to so much? Even better, that's more than 30,000 bags, boxes, and containers not being purchased or thrown away! If there's one thing we can learn from bag credits and 1% Fridays, it's that a little bit certainly goes a long way!

While our current nomination period has ended, any and all 1% Friday suggestions are always welcome. Please email Jess at JessicaL@spacoop.com for additional information about our 1% Fridays donation program.

UPCOMING EVENTS

1/1	New Year's Day - Closed
1/2	Quarterly Inventory - Store Opens at 1 pm
1/16	Recycling Connections Info Session 6 pm
1/28	Board of Directors Meeting 6 pm
2/13	Eating Seasonally 6 pm
2/25	Board of Directors Meeting 6 pm

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www.spacoop.com

HOURS

Monday–Friday
7am–8pm

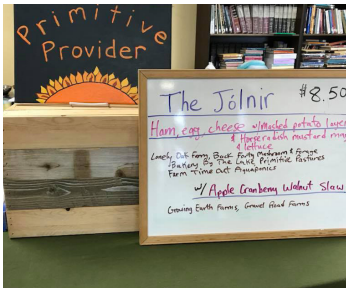
Saturday–Sunday
8am–6pm

Winter Farmer's Market

This winter marks the fourth year of the Stevens Point Area Winter Farmer's Market and the second year it has been operated as a vendor-led cooperative! While providing Central Wisconsin an outlet for locally grown and produced food year-round, the market has become a community gathering space during the roughest time of year. Folks come to grocery shop for kitchen staples & special treats, enjoy hot coffee & breakfast, and to reconnect with area friends. A few times during the season, teaching staff and students from the UWSP Suzuki Center come to perform for the community. From time to time, you'll find the Stevens Point Area YMCA Farm to School providing children's activities and local Representative Katrina Shankland holding "office hours" to connect with her constituents. With each year, comes new vendors with unique offerings. It's amazing all that is available now! Let's see if I can name them all: unique varieties of storage vegetables, microgreens, aquaponic lettuce, chicken & duck eggs, fresh fish, kombucha, maple syrup, salsas, sauces, fruit jams, apple cider, coffee, honey, CBD oil, hemp flowers, bison, lamb, pork, chicken, beef, candies, dried pasta, gluten-free baked goods, yeast & sourdough breads, pastries, cookies, personal care items, herbal tinctures and more. In addition, during the holiday season, area artisans are welcomed to provide locally crafted gift options. If you find yourself this winter in need of some community connection, please feel welcome to join us here at the winter market!

-Sarah River, Market Chair

The market is open on Saturdays from 8am to 12pm at Redeemer Lutheran Church in Stevens Point (behind the Fleet Farm) from November 2nd, 2019 through April 25th, 2020, with the exception of February 8th for relocation at The Local Food Fair @ Sentry World sponsored by Farmshed.



Vendors include: Whitefeather Organics (Custer), Liberation farmers (Almond), Lonely Oak Farm (Milladore), Primitive Pastures (Iola), Stonehouse Farm (Rudolph), Black Rabbit Farm (Amherst), Bakery By The Lake (Amherst Junction), Farm Time Out Aquaponics (Rudolph), Lowland Bison Ranch (Stevens Point), Wooly Thyme Micro Farm (Stevens Point), Growing Earth Farm (Athens), Joan Arnold Produce (Rudolph), Sky View Pasta (Custer), Loving Awareness (Waupaca), BFF Kombucha (Spencer), Mielke's Farm (Rudolph), Rural Uprising (Stevens Point), Maple Bee Acres (Granton), Rising Sand Organics (Custer), Segura & Son's Mushrooms (Stevens Point), Sustainable Dreamer (Waupaca), Big Spring Family Farm (Wisconsin Dells), and Alft's Longhorn Acres (Tigerton.)

SAYING GOODBYE...

With the new year starting up that also brings the time of year where the Co-op will be bringing in a new graphic design intern for all of our 2020 graphic design needs.

"Hello Everyone! I can't express what an incredible opportunity this has been for me over the past year it's been a pleasure to meet so many of our members, become more involved in the community through the Co-op, and see myself grow as a graphic designer. I've especially enjoyed the chance to produce graphics, newsletters, posters, and more that lead to my work being seen and supported for the first time professionally by so many of my co-workers, our customers, and members. I will be graduating from UWSP in May with a degree in graphic design and a minor in web development. I'm not sure where life is taking me after that but I am sure that my work here is going to help the success of my career in the future."

-Ryan C.

...SAYING HELLO!

"Hi everyone! My name is Carly Spann. I am so thrilled to be a new addition to the SPA Co-op team!

I graduated from the University of New Mexico in 2016 with a Bachelor of Arts in Architecture. To me, architecture is how one moves through life; school + internships taught me how to design and express that interpretation physically. Post graduation I traveled to California + Hawaii which included work for a like-minded natural foods store and organic farming experience, allowing me to apply my knowledge more metaphysically.

My passions include health + well-being, visually expressive arts, traveling, organic farming/gardening, and design with a focus in permaculture.

I'm excited to meet + share experiences with you all and to be apart of this neat community!"

-Carly S.

LOCAL CASE PROGRAM

It's hard to believe that we're thinking about it already but we're getting ready for the 3rd annual Local Produce Case Program. Now's the time to start planning for what you wish you would have preserved last season. Sign up will open on March 1st and go through April 15th online and in-store. We have the same selection as past years including the popular Squash Variety Case we added last season! Other bulk produce options include: green beans, beets, broccoli, kraut cabbage, pickling cucumbers, slicer cucumbers, yellow onions, russet potatoes, yellow potatoes, sweet corn, paste tomatoes, slicer tomatoes, and winter squash.

The prices for these cases come to members at a low price for pre-ordering. We can keep prices low because when you pre-order during March, it helps our local and community farmers plan for the season and gives them guaranteed sales before they even start putting seeds in the ground.

We know that there are members out there that do lots of food processing and SPAC wants to share the ease of ordering, low pricing, high-quality organic produce, and be a central pick-up hub for you! If you have any questions, feel free to email them to our produce buyer, Meliss at melissah@spacoop.com.

MEMBER SPOTLIGHT

"My membership has spanned the period starting the fall of 1987 – as a volunteer membership. If you consider the time since I got married to the most beautiful person in the universe, Beth, then that period began July 1990 – so any way you slice it, not the longest, but a long time. Three years plus twenty-nine is 32 years of bliss. I have many Co-op favorites. One of my top favorite Co-op "items" often happens after walking in the door to shop. It's connecting with people - friends and acquaintances one seldom or frequently sees. This is the top favorite Co-op "item" that resonates with me. Otherwise some favorite products are, Wildwood Soymilk, tofu, tempeh, Garden of Eatin' – Red Hot Blues, Whitefeather Micro-greens, apples, bananas, produce section in general, Organic Half & Half, Ruby Coffee, and the darkest dark chocolate available. Here are three favorite dishes/recipes I enjoy making where Co-op ingredients are central. Two of the dishes are Indonesian – one, my Mom learned to make while growing up in Indonesia. It's called Nasi- Goreng, a wonderful dish that incorporates Co-op volcano rice; a protein source that could be tofu, tempeh, or organic beef, or wild caught fish; spices of nutmeg, coriander, thyme; Whitefeather green onions, garlic, peppers; olive oil just to name a few ingredients. The other Indo-dish I love to make is Indonesian Noodle Salad a dish I learned to make while living in Ann Arbor, MI. – friends and family kill for this recipe ... I don't give it away. The third recipe I love to make was snagged from the Co-op in the late 80's called "Eggless Tofu Salad" – it's like egg salad sandwich stuff, with no eggs. Totally vegan.

Peace, Vic Akemann

Mark S. Ensweiler, D.C., L. Ac., LBT
Charity Millard, D.C.
Deborah Ensweiler, LMT

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ORANGE YOU GLAD...

If you shop on Monday evenings or Thursday mornings, there's a chance you've noticed orange traffic cones on Fourth street, across from the store. We're not trying to make parking more of a hassle, we promise; During these times, we're expecting a delivery from one of our distributors. By keeping these coned-off areas clear, Maurice, our delivery man is able to easily back into our admittedly too-small loading dock, making his job much easier. In the past, Maurice had to park his semi truck across the street and bring in our products by hand, sometimes three or four pallets worth of merchandise! This took a considerable amount of time and energy. Now that he's able to back in, that means that you won't have to wait nearly as long for us to restock anything you might need!

If you need a place to park during these times, fret not; you're welcome to park in the Pisarski Funeral Home parking lot spaces across from the store. And if you do encounter Maurice or any of our delivery friends, be sure to wave, say hello, or otherwise let them know they're appreciated. After all, without them, we wouldn't be able to provide all the wonderful things you've come to enjoy now, would we?

NEW PRODUCTS AT THE CO-OP

Cream City Caramels, Honey Caramels: Simple ingredients, free of corn syrup, and sweetened with honey from Oasis Bee Company!

Kor Shots, Black Magic, 'Potent-C': Cold Pressed Wellness Shots.

Real Treat, Assorted Cookies: Organic handmade gourmet cookies. With unique flavors, these are premium cookies for grown-ups!

Blue Lotus Chai Tea: A 2019 Sofi Silver Award winner, this organic powdered chai is sure to warm your soul on chilly days.

Brins, jams and preserves: These spreads have sustainably sourced ingredients and are handmade in small batches. Women owned company!

CBD Infused Oasis Honey: Local honey? Good. Local CBD? Good. Together? A lovely pair. Find it over by our other CBD products.

Hylands, Homeopathic DOCTOR WISE line for menopause relief: Comes in multiple formulas such as; Bladder, Energy and Moisture, to target your specific symptoms.

Stuff That Works, Shower Steamers!: Create a spa-like experience by simply placing a locally-made shower steamer on your shower floor and enjoy the amazing aromatherapy indulgence! Comes in a variety pack with 3 amazing scents!

Liberation Farmers Meats, Assorted: We are quite pleased to add these selections to our Dairy cooler, from our friends Liberation Farmers in Almond, WI. We have pepperoni, Soppressata, Chorizo and 'Nduja (a crowd favorite) which is a spicy spreadable salami.

Elmhurst Nut Milks, Hazelnut, Walnut: move over, almond milk. Elmhurst offers simple nut milks in unconventional varieties. Made with minimal ingredients and unsweetened.

Darista Dips, Roasted Beet, Morrocan Carrot: Hummus made in Minnesota with love.

Indika Imports: Fair Trade Gift Items-ornaments, combs, pouches, scarves.

Minga Imports: Fair Trade Warm Hats

Upstream Cider, Assorted: Two new delightful types of Wisc.craft hard cider are now available from local favorite, Upstream!. First, La Traducción, still and dry, based on a Spanish sidra, and second, the unique and mellow Two Oaks, also still and dry, aged with Minnesota white oak. Grab a bottle to share at your next dinner party!

REBRAND ALERT: Tandoori Chef is now Deep. Same great product, new look! Find the new packaging in the freezer section.

Ethereal Gardens, Nettle Leaf: From a herb garden located in Antigo, Wisc. Sustainable and pesticide free.

We'd like to thank our kind friends at Pisarski Funeral Home for being thoughtful, generous neighbors for many years!

Pisarski Funeral Homes & Cremation Center

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Frank Pisarski, Jr. ~ Frank Pisarski, Sr. ~ David Pisarski
John G. Suchon ~ Pete Jacoby

Immunity Soups: Recipes for Prosperity

Winter is upon us in full force. Warm up with these immunity building soups and keep those winter germs away!

Winter Detox Soup

INGREDIENTS

1 tbsp. avocado oil
1 medium onion, thinly sliced
3 celery stalks, thinly sliced
3 medium carrots, thinly sliced
1 head of broccoli, cut into florets
8 medium garlic cloves, thinly sliced or grated
2 tbsp. grated ginger, peeled
1 tsp. turmeric
1/4 tsp. cinnamon
1/8 tsp. cayenne pepper
Salt and pepper to taste
2 c. mushrooms, trimmed
8 oz. firm tofu, sliced into thin slabs
2 c. kale, destemmed and chopped
1 lemon, squeezed

Optional: chopped green onions and/or pea shoots on top to serve

INSTRUCTIONS

1. Heat the oil in a large soup pot over medium heat, and stir in the onion, celery, carrot, broccoli, garlic, and ginger. Sauté just until soft; there should be no browning. If the pan dries out, add a splash of water.

2. Add water (or your favorite broth! I used Better than Bouillon Vegetarian No Chicken base) and stir in the turmeric, cinnamon, cayenne pepper, plus salt and pepper to taste. Bring the broth to a simmer and hold for around 15 minutes. Add the mushrooms, tofu, and kale and simmer for another 5 minutes. Stir well, taste and adjust with more salt/pepper or water if need be.

3. Squeeze lemon over soup and ladle into bowls. Top with chopped onions and/or pea shoots for added flair!

Prep Time 10 minutes
Cook Time 20 minutes
Total Time 30 minutes

Serves 4-6

Recipe adapted from https://www.101cookbooks.com/immunity-soup/

Nettle Cream Soup

Recipe adapted from https://www.diversivore.com/nettle-cream-soup/

INGREDIENTS

2/3 c. dried nettles
1 tbsp. olive oil
1 clove garlic
1 small onion, diced
1 large yellow potato, diced
1 celery stalk, chopped
1 ½ c. vegetable stock (or chicken stock)
1 c. water
1/3 c. half and half cream
Black pepper to garnish

INSTRUCTIONS

Saute onions and garlic until slightly browned.
Add potatoes, carrots, celery, and stock until soft, reducing heat if necessary.
Add nettles along with cup of water. Bring the soup to a boil and simmer, covered, for 5 minutes.
Pour soup into blender or food processor and blend. If serving immediately, pour back into pot and add half and half cream, stirring to combine. If serving later, set soup aside then reheat and combine with cream later.
Serve soup hot or chilled.

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Have a suggestion? Have an idea? Feel free to email one of our board members with your thoughts!

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JANUARY

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FEBRUARY

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